



Indiana
Department
of
Health

Division of
Nutrition &
Physical Activity

Indiana Healthy Schools Newsletter

Spring 2023 Edition

Project AWARE Goes to the Park

The Indiana Department of Health, Division of Nutrition and Physical Activity (IDOH, DNPA) is excited to announce the selected Project AWARE Goes to the Park grantees. For this four-month grant opportunity, the division will fund: **At Your School, Boys and Girls Club of Seymour, Boys and Girls Club of Wayne, Camptown, Conner Prairie Museum, Eagle Creek Park Foundation, Earth Charter Indiana, Spencer County 4-H, The Children's TherAplay Foundation, The Morning Bishop Theatre Playhouse, and White Pine Wilderness Academy.**

Four organizations will be conducting unique youth summer programs that incorporate both mental health programming and opportunities for physical activity in outdoor settings. Four other organizations will provide professional development opportunities to their staff related to mental health that will help incorporate mental health programming into their regular interactions with school-aged youth. The remaining three organizations will provide both youth programs and staff professional development. For more information, please email Jenna Sperry at jsperry@health.in.gov.



Grant Opportunities

Strengthening Youth Programs in Indiana

The Lilly Endowment is pleased to announce Strengthening Youth Programs in Indiana (SYPI), a competitive initiative to help advance the academic, physical and social development of Indiana youth. The Endowment seeks to support and strengthen eligible youth-serving organizations that provide programs and services to youth in communities throughout Indiana.

Proposals are due by noon EDT on May 1. [Click here](#) for the application and additional funding details.

Healthy Meals Incentives Grants for Small and/or Rural School Food Authorities

As part of a cooperative agreement to develop and implement the USDA Food and Nutrition Service's [Healthy Meals Incentives Initiative](#), Action for Healthy Kids is offering competitive grants (up to \$150,000 per SFA) for small and/or rural school food authorities to support efforts to improve the nutritional quality of their school meals.

The deadline for submitting a grant application is 5 p.m. EDT on May 26. [Click here](#) for the application and additional funding details.

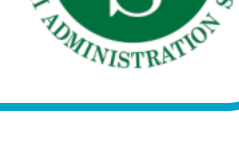
Indiana Child Care Expansion Grant

The Indiana Family and Social Services Administration has made \$10 million available to increase access to early childhood education statewide. Indiana's Child Care Expansion Grant program is a competitive state-funded grant initiative made possible by Senate Enrolled Act 2 from the 2022 Indiana General Assembly special session to support quality providers in growing or repositioning their capacity, with the ultimate goal of increasing the supply of quality child care for children and families who often face the most hurdles in securing care or are in the infant and toddler age group where significant access gaps exist.

[Click here](#) for the application and additional funding details.

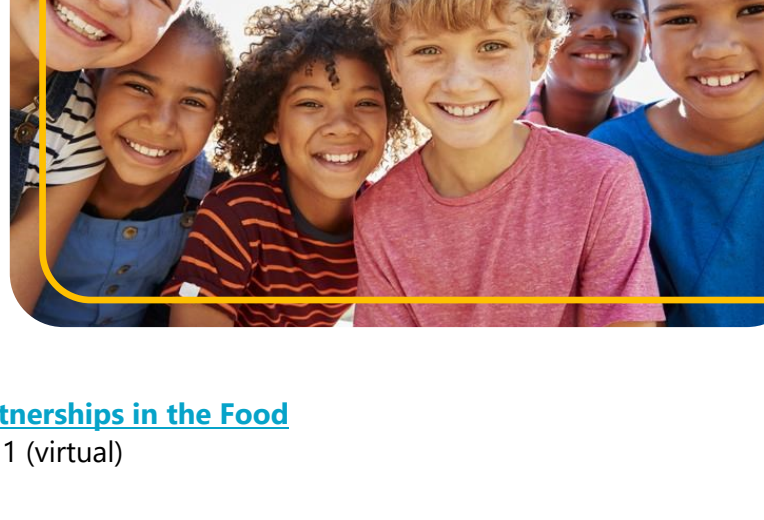


Lilly Endowment Inc.
A Private Philanthropic Foundation



Upcoming Trainings and Events

- [Playworks Playshop Recess Workshop](#)—April 13 from 3:15-4:30 p.m. EDT at Willow Lake Elementary in Indianapolis
- [Earth Day](#) is April 22—Click the link for 10 ways to celebrate!
- [Afterschool Professionals Appreciation Week](#)—April 23-28
- [Indiana Afterschool Network Out-of-School Time Conference](#)—April 25-26 hosted by the Indiana Afterschool Network
- [Indiana Youth Institute Virtual Advancing Health Equity Summit](#)—May 2-3—Free to register!
- [Playworks Early Childhood Power of Play & Play Based Group Management](#)—5:30 - 8 p.m. EDT May 16—18 (virtual)
- [2023 Indiana School Health Network Conference](#)—June 14-15—Registration is now open!
- [Find Your Fit: Grow Your Role and Cultivate Partnerships in the Food System Annual Summit](#)—10 a.m. - 1 p.m. June 21 (virtual)



Wellness Policies

Deadline Approaching!

All schools that participate in the National School Lunch Program are required to have a district-level school wellness policy to guide school wellness activities and promote student health, wellbeing, and learning ability. Districts are required by the Indiana Department of Education to review the policy at least once every three years. Any district that took advantage of the waiver for this requirement must assess their wellness policy **by June 30**. IDOH, DNPA is offering wellness policy reviews at no cost using the **WellSAT 3.0** scoring tool to assess your policy's content and strength while also highlighting areas for improvement. Please email Jenna Sperry at jsperry@health.in.gov or Emma Smythe at esmythe@health.in.gov for more details.

WellSAT: 3.0

Wellness School Assessment Tool

School Health Resources

Excited to Garden with Kids?

Are you interested in planting a garden at your school? Creating a planting calendar for your school garden is an excellent way to help your students understand how weather and climate impact the life cycle of plants. An indoor seed-planting activity illustrates the effect of temperature on germination to help reinforce the importance of planting at the proper time. [Click here](#) for Kids Gardening community's resource tool to help plan the right time to start growing your fresh foods with your students!



Body and Mind (BAM!) Classroom Mental Health Tools

April is Stress Awareness Month! The Body and Mind (BAM!) Teacher Portal has resources for [supporting youth mental health](#). Find information about bullying, anxiety and depression in children, mental health screening, and more.



Mental Health America's Mental Health Toolkit

The month of May is just around the corner! In preparation, Mental Health America (MHA) is excited to announce the release of their highly anticipated 2023 May is Mental Health Month Toolkit.

This year our theme is *Look Around, Look Within*. As humans, our overall health is significantly impacted by our natural and built environment. The places we live, work, play, and congregate all have a powerful influence on our well-being, and it's important to consider their effects on our mental health. MHA invites you to Look Around, Look Within with the free [2023 May is Mental Health Month Toolkit!](#)



Community Workshops

Join the Movement in Closing the Gaps Between Schools and Communities

Marion County Commission of Youth (MCCOY) Closing the Gap Community Action Workshops are opportunities to share ideas and take actions that will improve school and community partnerships. Based on [MCCOY's Closing the Gap Report](#), attendees will participate in facilitated discussions, and planning activities based around four primary strategies:

- Adopting whole child approaches
- Strengths-based family engagement
- Supporting community school models
- Increasing investment in public education

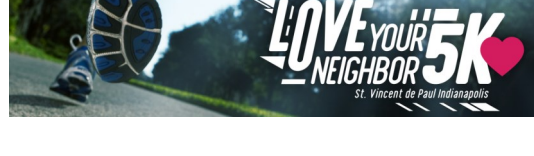


MCCOY is inviting youth, parents/caregivers, teachers, school administrators, community partners, policymakers, and more to take steps together toward stronger school communities. Community Action Workshops are highly interactive, facilitated conversations and activities that will inspire attendees to share their perspectives, reflect on their own experiences, and creatively explore meaningful actions within their spheres of influence.

[Click here](#) for more information.

Indy Family 5K Race

If you want combine family fun with a good cause, then consider participating in the [Love Your Neighbor 5K Run/Walk](#) on **April 29 at White River State Park**. This family event includes a one-mile Family Fun Run/Walk hosted by [St. Vincent de Paul Indianapolis](#).



All proceeds benefit the unsheltered in the Indianapolis community:

- \$50 provides unsheltered neighbors with a backpack containing shirts, pants, socks, underwear and toiletries
- \$250 gives five unsheltered neighbors backpacks with clothing and toiletries
- \$500 provides a backpack, weather-resistant tent, sleeping bag and tarp for two unsheltered neighbors

Cool Off Afterwards

After you get your sweat in, then you can enjoy the Beer Garden (age 21+) or the Root Beer Garden if you're a younger participant.

Make It a Team Effort

Consider making it a group activity—invite neighbors, friends, church parishioners, etc. and form a team. Team participants sign up for their selected race through the normal registration process and opt to participate in team fundraising.

If you would like more information on school health or have content to share, please contact the Indiana Department of Health, Division of Nutrition and Physical Activity.

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To **promote**, **protect**, and **improve** the health and safety of all Hoosiers

Indiana Department of Health

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